


Resiliency:
From Tragedy to Triumph

William Kellibrew IV

Motivational Speaker and Advocate




Trust

"TRUST is the first
casualty of early abuse."

Betsey McAllister Groves

Harvard Professor



Victimization

Loss of safety

Shame


Humiliation

Loss of Hope

Loss of Value

Guilt

Isolation



July 2, 1984

Youngest brother at six being
consoled by neighbor.



Photo by Bill Sneed – The Washington Post



Unhurt?

3 Killed in Capitol Heights Shooting
By Eugene L. Meyer
The Washington Post (1974-Current file); Jul 3, 1984; ProQuest Historical Newspapers The Washing
pg. A1

Parolee Turns Gun on Woman, Boy, Self

3 Killed in Capitol Heights Shooting

By Eugene L. Meyer

A 43-year-old Alexandria man, paroled last November from a Virginia prison where he had been serving a sentence for murder, fatally shot his girlfriend and her son yesterday at their Capitol Heights home and then killed himself, according to Prince George's County police.

Friends and neighbors of Jacqueline Kellibrew, 30, who was killed along with her 13-year-old son, Anthony Cephas, described her relationship with Marshall Brent Williams as violent and stormy. They said he had repeatedly assaulted her and that police had been called to the house on several occasions.

Carrie West, a neighbor with whom Kellibrew spent her final hours, said that at about 9:30 a.m., a few minutes after Kellibrew left

the West home, Williams dragged Kellibrew from a car, with Kellibrew calling for help.

"All I heard was her yelling, 'Call the police, please,'" said West. West said Williams dragged Kellibrew to Kellibrew's house. West said she called police twice and then heard shots fired in the house.


Police also reported receiving a call from Kellibrew's 10-year-old son, William, who they said witnessed the shootings but was unhurt.

Police arrived on the scene shortly after 10 a.m., but waited two hours before trying to enter the house, believing they were facing "a barricade situation." They sealed off the area around the house at 5018 Gaithers Rd. and evacuated nearby neighbors.

Shortly before noon, after unsuccessfully attempting to establish contact by phone and megaphone with those inside the house, police

See SHOOT, A2, Col. 1

By Eugene L. Meyer – The Washington Post



July 3, 1984

- Grandfather triggered and shoots next door neighbor

Slain Woman's Father Accused of Shooting Neighbor
By Eugene L. Meyer
The Washington Post (1974-Current file); Jul 4, 1984; ProQuest His
pg. B12

Slain Woman's Father

By Eugene L. Meyer

The father of a Capitol Heights woman slain Monday morning in a double murder and suicide was charged with assault with a deadly weapon yesterday after he allegedly shot a neighbor in a dispute over a parking spot for the underpass who had come to discuss forced evictions.

Police allege that Jack Mitchell, 58, of 1332 Lewis St. NE, shot Leola Thomas, 48, who lives in a basement apartment at the same address, after Thomas refused Mitchell's demand to relinquish a parking space for the underpass that the underpass was driving.

Monday morning, according to police, Williams dragged Kellibrew from a house to her nearby home where he killed her 13-year-old son, Anthony Cephas, and turned the gun on himself.

Williams, who had been convicted of murder in 1971, was described yesterday as a "good prisoner," by warden Robert Van der Meer, from which Williams was released on D.C. parole.

Vandenberg said Williams was a "very good inmate" who abided by all rules and regulations. He did everything expected of him. He was not violent or disruptive.

By Eugene L. Meyer – The Washington Post



July 4, 1984

Re-traumatized and triggered at family picnic



Traumatic Reminders and Coping

5th Grade

hypervigilant, aroused, avoidance
dissociation, bed wetting increased (bullied)
youngest brother made to sit under the teacher's
desk for "acting out"

6th Grade

warning signs present in creative writing class
made to sit at the front desk with teacher without
understanding why, forced to grow up (matchbox
cars)

7th Grade

bullying got worse, isolation increased, dis-
suicidal attempts and ideation


Intervention

- Assistant Principal's office was safe place
Mr. Charles C. Christian
- Grandmother responded by involving Children's -----
Hospital during suicide attempt
- Hospitalised for the first time – road to recovery
begins
- First-ever therapist – social worker
Ms. Christine Pierre was creative,
compassionate and eager to listen and help




Thank You

Thank you, Thank you, Thank you.




Self-Care

Whose mask will you put on first?



Self-Care

Barrier or Pathway?



Trajectories are different



SAMHSA

Expectations

“Low expectations from a child’s teacher
can cause a child to fail.

Low expectations from a parent can crush
a child’s soul.”

Dr. William “Bill” Cosby

SAMHSA

Expectations

What about our own expectations for
ourselves?

Do we feel well when we start our
day?

Barrier or Pathway?

SAMHSA

Healing and Recovery

Do we believe recovery is possible?

Are we sincere, genuine and
compassionate?

“Children see the truth directly.”

Dr. Richard Mollica
Healing Invisible Wounds



13 Years - Family Therapy



1993

morals that he can maintain in
the prosperous future.



I really hate where I am
because they are discriminating
against me. Everyone of my peers
really don't know me or
how I feel and I'm really afraid
they will find out. Stuff here
make it so obvious. I have to
always take showers on my own
and they are always watching
me. I hide it. I'm not the only one
who feels this way. Anyway,
how is Leonard if I spelled it
right? Are you two together now?
I will write later.

Your Brother
Bama Bama

P.S. Don't write back until I
know where I'll be!
Tell, Daddy + Mrs. Nadine
I said, hi.



Resiliency

The ability to bounce back or recover from adversity, illness, depression, etc.





Resiliency

What are we bouncing back to?



Resiliency

Wellness and well-being is key.



Resiliency

Wellness and well-being is key.



Resiliency

2013 Resource Guide
Preventing Child Maltreatment and
Promoting Well-Being: A Network
for Action

Administration For Children and Families
Adminstration on Children, Youth and Families
U.S. Department of Health and Human Services



Task Force to Prevent Violence











CNN In Session (Formerly Court TV)






Passion





"Rebuilding a life after trauma *can* and *will* be difficult, but with support and services from the professional community, school and my family, I was given tools to help save my own life."

-William Kellibrew, IV
Survivor





Substance Abuse and Mental Health Services Administration
SAMHSA
U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES
